



Grandmaster Howard's Dojang – Cabra
Republic of Ireland Taekwon-Do Association (Est.1972)



Day	Times	Level / Grades
Tuesday	7 pm – 8 pm	Children: 6 - 11 years
Tuesday	8 pm – 9 pm	Children: 11 - 13 years
Tuesday	8 pm – 9 pm	Beginner: Adults and Teenagers
Tuesday	8 pm – 9 pm	Intermediate: Adults and Teenagers
Tuesday	8 pm – 9:30 pm	Black Belts
Thursday	8 pm – 9 pm	Children: 11 - 13 years
Thursday	8 pm – 9 pm	Beginner: Adults and Teenagers
Thursday	8 pm – 9 pm	Intermediate: Adults and Teenagers
Thursday	8 pm – 9 pm	Black Belts
Friday	3 – 4 pm	Boys: 6 – 8 years (Tigers)
Friday	4 – 5 pm	Girls: 6 – 8 years (Tigers)